



## Cooking with Corn Syrup

Corn syrup is a sweet-tasting food made from corn starch. It is often used to make sweets and desserts.

Corn syrup has no real nutritional value, but it is a source of energy. One tablespoon of corn syrup has about 56 calories.

### How to store it

Store unopened corn syrup in a cool, dry place. Do not store it in the refrigerator, because this will make the syrup very thick and hard to use.

For best quality, use corn syrup within 1 year of receiving it.

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### Mock Pecan Pie (makes 8 servings)

#### What you need

- 1/2 cup sugar
- 1/4 cup (half a stick) melted butter or margarine
- 1 cup oats
- 1 cup corn syrup
- 1 teaspoon vanilla
- 2 eggs
- 9- to 10-inch unbaked pie shell

#### How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the ingredients and pour the mixture into an unbaked pie shell.
3. Bake the pie for 45 minutes at 350 degrees F or until a knife inserted in the center comes out clean.
4. Cool the pie slightly so that it can be cut into 8 wedges; serve it warm.

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### Oat-Nut Chews (makes 36 bars, 2 inches each)

#### What you need

- 4 cups oats
- 1 1/2 cups chopped nuts
- 1 cup packed brown sugar
- 3/4 cup melted butter or margarine
- 1/2 cup corn syrup
- 1 teaspoon vanilla

#### How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the oats, nuts, sugar, margarine, syrup and vanilla.
3. Press the mixture into a well-greased 9- by 13-inch pan.
4. Bake it at 450 degrees F for 15 to 18 minutes or until it is brown and bubbly.
5. Cool it completely and cut it into squares.

**Tip:** To measure packed brown sugar, spoon or scoop the sugar into a dry measuring cups. Pack it down firmly with a spatula or spoon until the top is level. Brown sugar should hold its shape when removed.

Adapted from Commodity Fact Sheet for USDA Household Programs: Corn Syrup, by Jenna Anding, Assistant professor and Extension Nutrition Specialist, The Texas A&M University System.

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